



The 'Bowling Arm' has enabled many competitors with an array of body ailments to remain active in the game. A growing number are becoming...

ARMED AND DANGEROUS!

A User's Guide To The 'Bowling Arm'

What a wonderful piece of equipment for the bowler with a disability. Bowlers are adding years to their bowling lives - keeping them in the game of bowls.

But, before a bowler makes their final choice of either a 'Palm Release' or 'Thumb Release' Bowling Arm, they should operate each model.

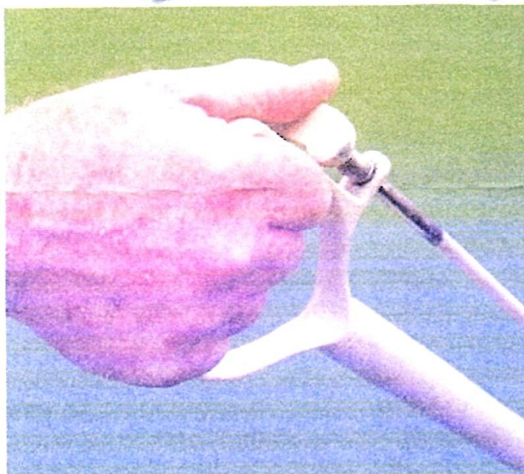
To hold either model, curl the fingers underneath the bottom of the handle forming a cradle, the palm or thumb do the work by applying just sufficient pressure to hold the bowl or jack in the jaws so they don't slip.

Palm Release: Pressure is applied by the palm and fingers in a gripping or squeezing action, again with sufficient pressure to hold a bowl or jack and to open the hand at the point of release.

Thumb Release: Pressure is applied by the thumb to hold the jaws closed over the bowl or jack - remove the thumb at the point of release.

Make sure the arm is comfortable to hold and operate and there is no undue muscular stress felt in the thumb, hand, wrist or forearm whilst holding a bowl in the jaws of the arm. To select a suitable length arm, stand erect with your arms at your side, the bottom of the arm should be approx 50-75mm (2-3") above ground level.

Remember, the Bowlers Arm is only an extension of your own arm.



• Thumb release grip

Placing the bowl in the jaws of the arm

A simple and easy way to position the bowl in the jaws of the arm, is to stand the bowl on it's running surface between your feet, with the bias on the correct side for delivery.

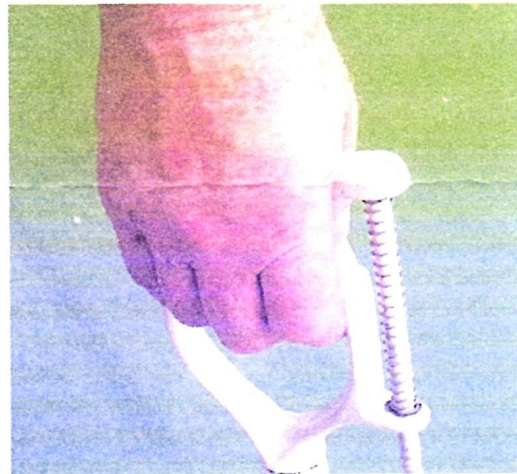
Place the jaws of the arm over the bowl and apply sufficient pressure to grip the bowl so it won't slip, and at the same time making sure the sides of the top jaw of the arm

are parallel to the large rings of the bowl and in a vertical position for delivery.

The bowler may also pick up the bowl with the arm and position it in the jaws with their free hand.

The approach to stance, step and delivery for a bowler using a 'Bowlers Arm' is almost identical as described in the 'National Bowls Coaching Manual', to that of an able bodied bowler.

The bowler addresses the mat from the rear, body facing squarely to the aiming line, and depending upon the degree of a bowlers disability, may elect to use any one of the three types of the recognised stances which are detailed further on.



• Palm release grip

When delivering a jack or bowl, you don't bend down but remain in an upright position and move your upper body weight forward (90%) and over the stepping foot at point of delivery.

Stance on the Mat

Jack:

Facing the rink number above the front ditch, step from behind and onto the mat, place the inside of the anchor foot parallel to the side of the mat approx 6cm (2") in from the edge and the toe approx 100mm (4") back from the front edge of the mat, place the lead foot comfortably alongside or slightly in front. This stance will allow the delivery



• Back swing

• Release point

beside the lead foot and stand in a comfortable manner.

Maintenance of the Arm and Bowls

To remove marks or stains, use warm soapy water and a soft cloth to clean, when dry use a silicon based car polish to impart a good finish. Always clean the 'arm after each use. Polishing your bowls a day or two before an event allows the polish to set and harden, this ensures the bowl won't slip from or stick to the gripping pads fitted in the jaws of the arm.

Enjoy your extended bowling life to the fullest, and good luck.

• *Following an enormous number of requests, this specialist coaching feature produced by former RVBA Coaching Committee chairman Brian Ing, and originally published in January 2006, is reprinted to assist recent adoptees of the 'Bowler's Arm'.*



• Regular stance

• Semi fixed stance

• Fixed stance

arm to be positioned nearly over the centreline of the mat, giving the ability to deliver the jack along or parallel to the centreline of the rink.

Bowl:

(a) Regular (upright): Facing the aiming line from behind the mat, step onto the mat and place the big toe of your anchor foot on the centreline - for both forehand and backhand, approx 100mm (4") from the front of the mat, adjust the aiming line by moving your heel, then place your lead foot in a comfortable position beside or slightly in front of the anchor foot.

Your body weight should be spread evenly on the balls of your feet (70%), take a normal walking step forward, with weight transference (90%) onto the stepping foot at time of releasing the bowl.

(b) Semi-fixed (alternate): Facing the aiming line from behind the mat, step onto the mat and place the big toe of the anchor foot on the centreline

for both forehand and backhand and approx 100cm (4") from the front of the mat, adjust the aiming line by moving your heel, then place your lead foot about half a normal walking pace in front of the anchor foot, in a comfortable position.

Your body weight needs to be evenly spread with slightly more weight on the front foot, then take a small step forward 100mm (4") and at the same time move your upper body forward with approx (90%) weight onto the stepping foot, you are then perfectly balanced to complete the forward delivery swing, releasing the bowl with the arm in a vertical position as it passes the stepping foot.

(c) Fixed (best foot forward): Facing the aiming line, step onto the mat and place the big toe of the anchor foot on the centreline for both forehand and backhand, approx 100mm (4") from the front of the mat, adjust the aiming line by moving the heel then place your lead foot about three-quarters of a normal walking step in front of the anchor foot.

Your body weight should be evenly balanced on both feet, to complete the delivery swing, move your body weight forward with approx 90% of weight on the front foot you will remain perfectly balanced to release the bowl as it passes the front foot.

Note: Using the centreline of the mat for the anchor foot in all of the stances, ensures that you can play other types of shots to your advantage when the occasion arises.

Delivery

Pendulum Swing - for the Perfect Delivery:

As previously described, only apply sufficient pressure to the hand or thumb release of the arm to hold the bowl or jack in the jaws to prevent them slipping.

Do not grip the handle so tightly that your hand and arm is under tension.

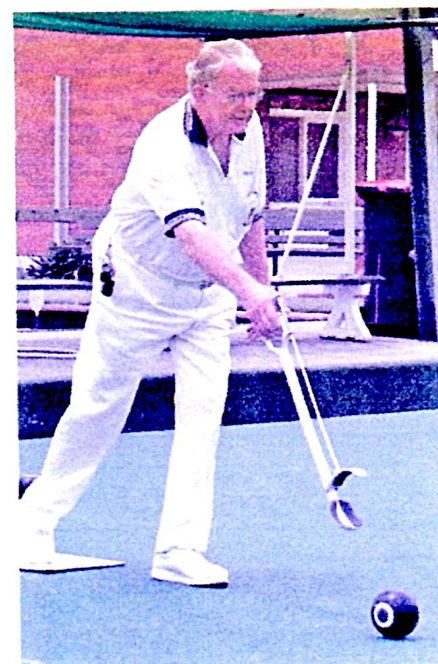
Once you have taken your stance, commence a natural 'pendulum swing'

- the pivotal point is the shoulder joint - keeping your arm straight, slightly lock your wrist and elbow, the arm and your arm will then remain straight.

Let the forward and backward pendulum swing be a natural measured one, not hurried. Do not tense your arm to the point of muscular stress, but keep it in relaxed but firm manner.

Make sure your shoulders and body are square to the aiming line, when you are comfortable with your swing, and are preparing to release the bowl. Use a normal step (as described in 'Stance (a) and (b)') forward with the lead foot, (if not using a fixed stance) move your body weight forward over the lead foot (90%), and when your arm has reached the vertical position beside the lead foot, release the bowl.

Continue the natural forward swing to complete the



• On its way and looking fine

